

The Newport Navallog

VOL. 103 NO. 10 MARCH 14, 2003

SERVING COMMANDS AND ACTIVITIES



Embracing Enduring Freedom

Cmdr. (Dr.) Francis X. O'Connor, Naval Ambulatory Care Center (NACC) Newport Surgery Clinic, hugs Mrs. Linda Dokken, secretary in Clinic Operations at Building 43 last Friday before joining 23 shipmates deploying to the hospital ship USNS Comfort. Story, more pictures, Page 3.

Ron Fontaine/U.S. Navy photo



Traveling zoo delights kids

Animal Experiences of East Providence delights Armed Services YMCA preschoolers with a variety of 'wild things.'

— Page 8



VTCs enhance Navy training

Two Videoteleconferencing Centers at Naval Station Newport distribute Navy training efficiently.

—Page 9



NEX sponsors Fitness Expo

The Navy Exchange sponsors a Family Fitness Expo that offers healthy living information from head to toe.

— Page 12

Nearly spring?

Master-at-Arms Third Class Leonard Davis trudges down Peary Street past the Navy Exchange Package Store's 'Think Spring' sign during last Thursday's snowfall, one of several this winter.

Ron Fontaine/U.S. Navy photo



Navy joins parade for St. Paddy

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

Representatives from Newport area military commands will mix with the “wearing of the green” tomorrow for Newport’s 47th annual St. Patrick’s Day Parade.

The six-division parade and highlight of the Newport Irish Heritage Month celebration will step off from Newport City Hall on Broadway at 11 a.m., and will feature a variety of floats, clowns, bagpipers, fife and drum corps, police and fire units, high school bands and a host of military service organizations and civic groups.

Representatives from the Naval War College will include Col. Neil Hartenstein, Marine Corps adviser to the president of the college; Cmdr. Erica Biron, Deputy Dean of Students; and Cmdr. Mike Megan, U.S. Coast Guard representative at the Naval Staff College.

A contingent of military and Department of Defense personnel from the Naval Undersea Warfare Center Division, Newport, will march. A trailer carrying NUWC’s unmanned surface vehicle Spartan will be towed in the parade.

Navy Band Northeast’s marching band will provide a variety of patriotic tunes along the one-and-one-half mile parade route.

PARADE, Page 13

Pentagon urges restraint on mailings

The Pentagon is encouraging Americans to support military members deployed to Central Command through collective programs, not on their own.

The Pentagon urged the general public to not flood the military mail system with letters, cards and gifts.

Because of security concerns and transportation constraints, the Department of Defense cannot accept items to be mailed to “Any Service Member.”

Some people have tried to

avoid the prohibition by sending large numbers of packages to an individual service member’s address. The Pentagon said this clogs the mail and causes unnecessary delays.

A Pentagon website, www.defendamerica.mil/support_troops.html, offers information on collective efforts to boost military morale.

“Operation USO Care Package” lets Americans pay for a “care package” of personal items. The package — and a personal message from the donor — will then be delivered

to service members overseas.

One care package costs \$25. Checks may be made out to “Operation USO Care Package” and sent to:

USO-Operation USO Care Package
c/o Pentagon Federal Credit Union
P.O. Box 19221

Alexandria, Va. 22320-9998
The USO will include in the package any personal note that the donor includes with the check or money order.

More details are available on the Internet at www.usometrodc.org/care.htm

To our readers

To post an announcement in *The Newport Navallog*, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The U.S. Mail address is *The Newport Navallog*, c/o Naval Station Newport Public Affairs Office, 690 Peary St., Newport, R.I. 02841-1522.

To place an advertisement in the newspaper, either display or classified, contact *The Newport Daily News*, 101 Malbone Road, Newport, R.I. Phone 849-3300.

Seminar to benefit retired personnel

WARWICK — The 31st annual Retired Military Personnel Seminar is scheduled for Saturday, April 26, at the Crown Plaza Hotel at the Inn at the Crossings.

The seminar, open to all area military retirees and their dependents, will run from 7:30 a.m. to 12:30 p.m.

The speakers program, to begin at 9, will feature guests from several organizations. Included are representatives from the Defense Finance and Accounting Service; Department of Veterans Affairs; Naval

Ambulatory Care Center (NACC) Newport; R. I. Department of Elderly Affairs; Delta Dental; and the Secretary of the Navy Committee on Retired Personnel.

In addition to the guest speakers, many organizations will have information booths in the foyer.

The Naval Station Newport coordinator is Mary K. Silvia, director, Fleet and Family Support Center at Naval Station Newport. For more information, call (401) 841-2283.

Navalog

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Ron Fontaine/U.S. Navy photos

WELL WISHER — Capt. Francis MacMahon, Commanding Officer, Naval Health Care New England, gives Naval Ambulatory Care Center staff members from Newport a positive send-off last week as they shipped out to the hospital ship USNS Comfort.

24 more join USNS Comfort

By RICHARD ALEXANDER
Navalog editor

Twenty-three staff members from the Naval Health Care New England (NHCNE) branches, plus one from Naval Dental Center Northeast, deployed March 6 for assignment to the hospital ship USNS Comfort on station in Rota, Spain.

They joined medical and support staff from National Naval Medical Center (NNMC) deployed to the U.S. Central Command (CENTCOM). The deployment of more than 800 additional crewmembers will bring the ship up to its 1,000-bed hospital capability.

Those from NACC branches and clinics represented Newport, R.I., Groton, Conn., and Brunswick, Maine.

Capt. Margaret Wilson, Chief of Staff, NHCNE, said Capt. Francis R. McMahon, Commanding Officer, NHCNE, addressed the Newport personnel in Building 43, wishing them well.

"He told them to stay safe, and keep well, and that NHCNE is proud of them as they carry out their mission," she said.

After saying their final good-byes to family and friends, the personnel filed outside in a



NACC medical personnel from Newport load into minivans outside Building 43, beginning their deployment to the USNS Comfort.

snowstorm to several Navy vans and a truck full of seabags and packs. After a stop in Groton, their destination was Baltimore-Washington International Airport.

Those from NACC branches were:

Lt. Christopher E. Genchos, NACC Newport, Orthopedics Clinic;

HM2 Michael S. Duff, NACC Newport, Medical Photo Lab;

Cmdr. Jean E. Kremler, NACC Newport, Family Practice Clinic;

SH3 Ricardo A. Lumchan, NACC Newport, Materials Management;

Cmdr. Francis X. O'Connor, NACC Newport, Surgery Clinic;

SK2 Erik Okyere, NACC Newport, Materials Management;

Cmdr. James M. Solomon, NACC Newport, Oral Surgery;

Lt. Cmdr. Mehul S. Trivedi, NACC Newport, Surgery Clinic;

Lt. James E. Babashak, NACC Newport, Anesthesiology;

Lt. Cmdr. James C. McLoughlin, NACC Newport, Orthopedics;

Cmdr. Craig L. Bonnema, NACC Newport, Anesthesiology;

COMFORT, Page 13

Vigilance urged in Navy housing

Newport Navy family housing residents are reminded to remain vigilant about any unauthorized or suspicious persons in their housing areas.

Security outside Naval Station Newport's gates requires a shared responsibility between the residents and NAVSTA Newport Security in conjunction with local and state authorities.

Residents are reminded to be aware of what is happening around them.

If unusual events or suspicious persons are observed, they should be reported to NAVSTA Newport Security immediately at 841-3241. In an emergency, call 911.

Residents should try to record any distinguishing features of suspicious persons, or the license plate, make and model of unfamiliar vehicles. Residents should also remind children to contact NAVSTA Newport Security if they are concerned about a suspicious person.

"Before allowing an unknown person to enter your housing unit, ensure his/her identification or other credentials are valid," a Housing Office spokesman said. NAVSTA Newport police and public utility employees carry proper identification. "If you doubt the identity of a visitor, contact the agency or organization for confirmation."

"Never allow repair work in your home until the maintenance person has been properly identified, especially if you did not request repair service," the spokesman said.

Residents may call the Housing Maintenance office at 841-4687 or the Housing Management office at 841-2554 for

HOUSING, Page 13

Briefing explains weapons of terror

By R. ALEXANDER
Navalog editor

All hands at Naval Station (NAVSTA) Newport last week received an overview of procedures and guidelines for personal protection in the event of a terrorist attack in the Navy Newport vicinity.

Senior Chief Electrician's Mate (SW) Mark McCutcheon, local emergency management coordinator, presented a video, *Domestic Preparedness*, and a Power Point presentation in Capt. Howard Kay Hall.

The video, put out by the U.S. Army's Soldier and Biological Chemical Command, explained the physiological effects of nuclear, biological and chemical terrorist weapons, and what homeowners and office workers can do to prepare

WEAPONS, Page 13

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Navy/Marine Corps Commendation

Lt. Cmdr. Matthew Maurer, Surface Warfare Officers School Command, March 3, 2003

MMCS(SW) Paul Madore, Surface Warfare Officers School Command, March 3, 2003

MMC(SW) David Fitzgerald, Surface Warfare Officers School Command, March 3, 2003

MMC(SW) Todd Nugent, Surface Warfare Officers School Command, March 3, 2003

Navy/Marine Corps Achievement

NC1 Cordel Garrett, Naval Station Newport Administrative Department, from Commanding Officer, USS Theodore Roosevelt, March 5, 2003

MA2 Scott Johnson, Naval Station Newport Navy Security Department, from Commanding Officer, Assault Craft Unit FIVE, March 5, 2003Lt. Carl Blahnik, Surface Warfare Officers School Command, March 3, 2003

Lt. Christopher Tallon, Surface Warfare Officers School Command, March 3, 2003

OSCS(SW) John Greaney, Surface Warfare Officers School Command, March 3, 2003

Letter of Commendation

MASA Gerald Tubbs, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MASN Vincent Renda, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MR3 Mario Rotilio, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA3 Leonard Davis, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA3 James Evenden, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA3 Kevin Edwards, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA3 Mark Long, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA2 Laurie Taylor, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

MA1 Tony Sanchez, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003, Naval Station Newport Security Department, from Commander, Navy Region Northeast, March 5, 2003

Letter of Appreciation

IC1(SW) Richard Sterling, Surface Warfare Officers School Command, March 3, 2003

IT1(SW) Jeanne Terry, Surface Warfare Officers School Command, March 3, 2003

GM1 Bobby Johnson, Naval Station Newport Security Department, from Commanding Officer, Naval Reserve Center, Bronx, N.Y., March 5, 2003

Sailor of the Year

OS1(SW) William Winders, (Senior Sailor), Surface Warfare Officers School Command, March 3, 2003

EW2(SW) Christopher Eldridge, (Junior Sailor), Surface Warfare Officers School Command, March 3, 2003

Civilian Length of Service Awards

Frank Desouza, Naval Station Newport Public Works Department, 10 years, March 5, 2003

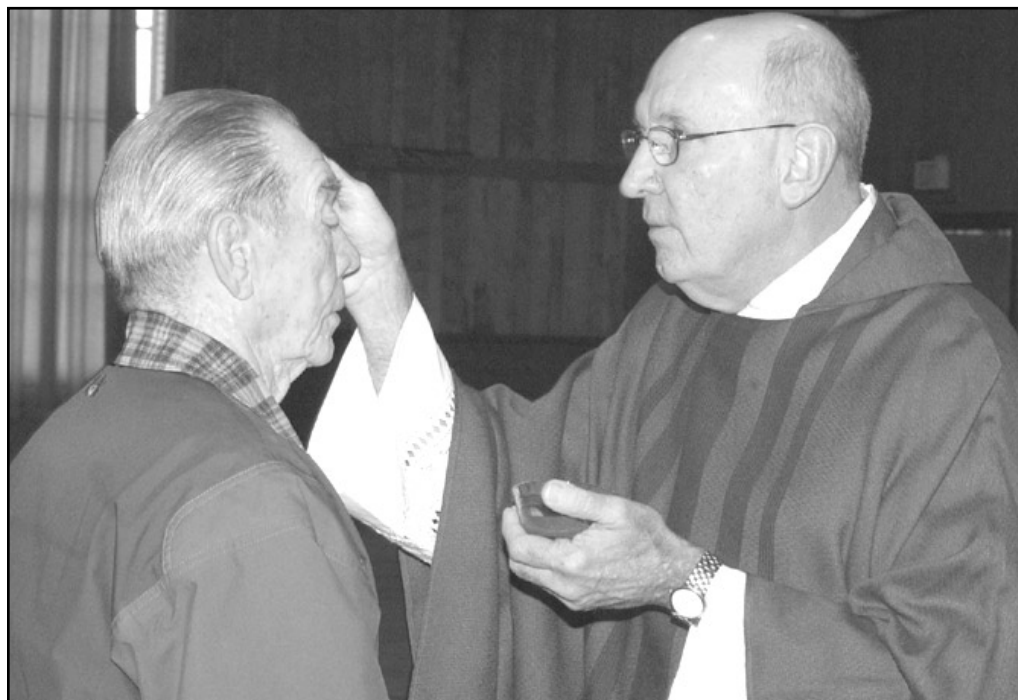
Raymond Boule, Naval Station Newport Supply Department, 15 years, March 5, 2003

Brian Ernest, Naval Station Newport Public Works Department, 15 years, March 5, 2003

John Rivers, Naval Station Newport Public Works Department, 15 years, March 5, 2003

William Webster III, Naval Station Newport Public Works Department, 15 years, March 5, 2003

Robert Viveiros, Naval Station Newport Public Works Department, 20 years, March 5, 2003



Ron Fontaine/U.S. Navy photo

A PARISHIONER of the Chapel of Hope receives ashes, marking the first day of Lent, from Chaplain (Lt.) Richard Vidrine, Naval Station Newport command staff chaplain, during Ash Wednesday services at Capt. Howard Kay Hall on March 5. Chaplain Vidrine said almost 400 turned out for Catholic mass and ashes last week.

Navy Medical Corps turns 132

Naval Health Care New England marked the 132nd anniversary of the Navy Medical Corps on March 3.

Capt. Francis R. MacMahon, Commanding Officer, NHCNE, Capt. Andre M. Greedan, Deputy, Naval Ambulatory Care Center, Newport; and Capt. Denise A. Reilly, nurse manager, and other staff members attended the cake cutting which was held outside the Physical Therapy Clinic on the second floor of the Family Practice Clinic in Building 23.

Cmdr. Peter J. Peff from the Family Practice Clinic, and Lt. Demetrius P. Rizos from the Internal Medicine Clinic, cut the birthday cake which was served to attending staff by Mrs. Linda Dokken from the Clinical Operations staff.

Cmdr. Peff was the organizer of the event.

The Navy Medical Corps embodies more than 47 specialties and almost 200 subspecialties, all of which serve a diverse, worldwide population.

The 5,016 active duty and Reserve physicians who compose the Navy Medical Corps demonstrate an unprecedented commitment to those who

have pledged their lives to defend their country.

As the U.S. Navy readies itself for Operation Enduring

Freedom, Navy physicians are at the tip of the spear, in the desert with Marines and at sea with Sailors.

Just Arrived Women's Sportswear



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- MENS WEAR •

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Friday 10:00 to 6:00 Saturday 10:00 to 5:00
Sunday 12:00 to 5:00**

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FROM NEWPORT: Route 24 N Exit 2 (Brayton Ave.) at light, take left, next light right (Jefferson St.). Follow approx. ¾ mile. Wampanoag Mills is on the right after you go under the Bridge.



Ron Fontaine/U.S. Navy photo

NAVY EXCHANGE sales associate Leslie Matson arranges the store's new line of Plus sizes for women.

NEX stocks women's Plus sizes

By **ENS. JENNIFER BERG**

NAVSTA Public Affairs Staff

Navy Exchange (NEX) has recently begun stocking a new line of specialty sizes available in the Ladies Department.

The new Plus sizes are in response to many requests from patrons, said Jan Tanury, Visual Merchandise Manager.

The new sizes range from 16W to 24W and 1x to 3x, and can be found on racks marked with green signs, "Women's."

The new spring line of better career wear and casual clothes is in stock, and a fall line of Plus wear is planned. NEX also

carries foundation wear, bras and panties, panty hose, and lingerie for the larger woman.

These clothes will be carried as long as interest remains strong, Tanury said.

"Right now we have a few lines of clothing," she said. "But as time goes on we will be getting a bigger selection."

There are many clothing lines worldwide that offer style and affordability, and NEX is answering the call to bring these lines to their patrons.

Last year Plus size clothing sales made up a third of all clothing sold in the United

States which was a \$90 million industry, NEX reports

Statistics show that in 2000 the Plus size garment business was growing at a rate of 9 percent, while the rest of the industry was growing at a rate of only 4 percent.

Even after Sept. 11, when clothing industry sales dropped by 4 percent, Plus size sales fell only 1.1 percent, NEX said.

The statistics show a steady demand for larger sizes nationwide, Tanury said.

Tanury said NEX also has requests for other specialty sizes and will be looking into it.

Announcements

NACC Pharmacy to offer off-base prescription refill

During Naval Station Newport's heightened security and higher Force Protection levels, prescription refills may be picked up at the Fleet Reserve Club at 122 Connell Highway, Monday through Friday, between 8 a.m. to 4 p.m.

Lt. Cmdr. Fred Beal, Program Manager NACC Pharmacy Department, said the times are subject to change.

During this period, patients may continue to call in their refill medication as usual at 1 (877) 211-1126. Anyone with questions may call the Pharmacy at 841-2224.

Gate 2 closed afternoons

Gate 2 is now secured Monday through Friday between 3 and 6 p.m. due to increased

security measures and limited outbound vehicle traffic, the Executive Officer, Naval Station Newport, has announced.

Morning hours weekdays from 6 to 8 a.m. will remain the same. Gate 2 may be opened for special events or excess traffic as required.

MWR gets new website, offers information online

The Morale, Welfare and Recreation Department has announced the completion of a new website! Just log on and get all the latest MWR info right on your computer!

Computer users can check upcoming events, read the latest Leisure Times, confirm hours of operation for our facilities, get phone numbers and more! It is the best way to keep connected to all the fun, fabulous things MWR has to offer! Visit www.nsnpt.navy.mil/mwr.

Special events

Choristers to perform concert this weekend

PORTSMOUTH – The Newport Navy Choristers will present "Music for a Sunday Afternoon" on March 16, 4 p.m., at St. Barnabas Church, East Main Road

Under the direction of JoAnn Loewenthal, the Choristers, as well as Nautical Notes and The Sea Chantys, will perform a number of lively, lighthearted selections sure to provide an afternoon of pure listening pleasure.

Now in their 50th year, the Choristers have raised over \$300,000 since 1953 to benefit local charitable groups. Proceeds from this Concert will benefit the Navy-Marine Corps Relief Society and the Navy Choristers.

Tickets are \$6 for adults, \$4 for seniors and children, and \$15 per family. Tickets may be purchased in advance from any Chorister or at the door on the afternoon of the Concert.

For additional information, please call 849-1135.

NAVSTA to mark women's history

Retired Rear Adm. Barbara McGann, executive director, Rhode Island Chapter, American Red Cross, will be the keynote speaker at Naval Station Newport's celebration of Women's History Month on Thursday, March 20, at 10:30 a.m. in Capt. Howard N. Kay Hall.

A poster display highlighting the lives and pioneering achievements of famous women in the fields of law, education, the performing arts, politics and government, will be exhibited in the Building 690 Atrium. The exhibit will include two video documentaries, *A Women's Place*, and the award-winning *How We Got the Vote*.



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What's going on

Navy looks at women in history

Retired Rear Adm. Barbara McGann, executive director, Rhode Island Chapter, American Red Cross, will be the keynote speaker at Naval Station (NAVSTA) Newport's celebration of Women's History Month on March 20 at 10:30 a.m. in Capt. Howard N. Kay Hall.

McGann was former Provost at the Naval War College.

A poster display highlighting the lives and pioneering achievements of famous women in the fields of law, education, the performing arts, politics and government, will be exhibited in the Building 690 Atrium.

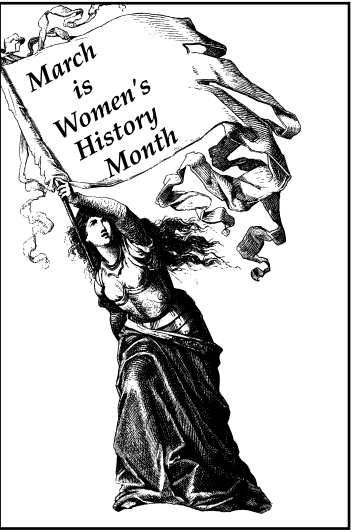
The exhibit will include two video documentaries, "A Women's Place," and the award-winning "How We Got the Vote."

TODAY, March 14

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Nantucket Basketweaving, 9 a.m. to noon.
 - Big Kids Game Night, 6 to 9 p.m.
- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
- Soup kitchen at Martin Luther King Center welcomes military volunteers, 8:30 a.m.
- Soup kitchen at Salvation Army welcomes military volunteers, 5 to 5:45 p.m.
- Recreation Center Movie Night: at 6 p.m., *Abandon* (PG-13), at 8 p.m., *The Cat's Meow* (PG-13).

SATURDAY, March 15

- Newport St. Patrick's Day Parade; City Hall on Broadway to St. Augustin's Church, 11 a.m.
- Seal Watches, Rose Island Light-house, 9:30 a.m. and 10:30 a.m., 272-3540 ext. 133.
- Preserving Your Own House lecture series, 424 Bellevue Ave., 10 a.m., 847-1000, ext. 160.
- Rome Point winter seal walk, 11:30 a.m. to 1:30 p.m., 272-3540 ext. 133.
- Soup kitchen, at Community Baptist Church welcomes military volunteers, 4:30 p.m.
- Winter live music series, Clarke Cooke House, 849-2900.
- Irish Renaissance Banquet, Belcourt Castle, 7 p.m., 846-0669.
- Common Fence Music series, Common Fence Point Community Hall, 8 p.m., 683-5085.



SUNDAY, March 16

- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.
- Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
- Seal Watches, Rose Island Light-house, 10 a.m. and 11 a.m., 272-3540 ext. 133.
- Soup kitchen, Salvation Army, Memorial Boulevard, 4 p.m. Military volunteers welcome.

MONDAY, March 17

- Retired Air Force Brig. Gen. Paul W. Tibbets Jr., pilot of the B-29 bomber "Enola Gay, Pringle Hall, Naval War College, noon.
- Armed Services YMCA:
 - Parents' Time Out, 9 to 10:30 a.m.
 - St. Patrick's Day Party, 9 a.m. to noon.
 - Kids' Sewing No. 2, 3:30 to 5 p.m.
 - Introduction to Machine Sewing, 6 to 9 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., \$10 per person.
- Soup kitchen, Martin Luther King Center, Dr. Marcus Wheatley Boulevard, 8:30 a.m. Military volunteer welcome.
- Soup kitchen, St. Joseph's Church, Broadway, 11:30 a.m. Military volunteers welcome.
- Soup kitchen, Channing Church, Pelham Street, 5 p.m. Military volunteers welcome.

TUESDAY, March 18

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Stamp-a-Rama, 10 a.m. to noon.
 - Kids Sewing No. 2, 3:30 to 5 p.m.
 - Adult Beginner Sewing #4, 6 to 9 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks. Call 841-3154.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.
 - Soup kitchen, Martin Luther King Center, welcomes military volunteers, 8:30 a.m.

- Soup kitchen, United Baptist Church, Spring Street, welcomes military volunteers, 5 p.m.
- Officers' Club Movie Night: at 6 p.m., *The Santa Claus 2* (PG); at 8 p.m., *Analyze That* (R).
- Great Decisions 2003, Newport Public Library, 7 p.m., 848-0550.
- WEDNESDAY, March 19
- Armed Services YMCA:
 - Parents' Time Out, 9 a.m. to noon.
 - Kids Sewing No. 2, 3:45 to 5:15 p.m.
- Soup Kitchen, MLK Center, welcomes military volunteers, 8:30 a.m.
- Soup Kitchen, United Baptist, welcomes military volunteers, noon.
- Preschoolers with Parents, Norman Bird Sanctuary, 1 to 2 p.m., 846-2577.
- Soup Kitchen, Newport Congregational Church, welcomes military volunteers, 5 p.m.

THURSDAY, March 20

- Women's History Month program, Naval Station Newport, Capt. Howard Kay Hall, 10:30 a.m.
- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Knitting, 10 a.m. to noon.
 - Pillows, Pillows, Pillows No. 3, 6:30 to 8:30 p.m.
- Soup kitchen at Martin Luther King Center, welcomes military volunteers, 8:30 a.m.
- Preserving Your Own House Lecture Series, 424 Bellevue Ave., 10 a.m., 847-1000 ext. 160.
- Checkbook Balancing, Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.

Upcoming events

- March 31 – Armed Forces Night at the Fleet Center, Providence. The Boston Bruins will play the Tampa Bay Lightning at 7 p.m. Armed Forces Groups receive half price on 453 and \$42 tickets, coupon for free hot dog and soda, a 20 percent discount card for the Bruins Pro Shop,

Newport Naval Cable TV

Sailors get updates on Task Force Excel

Navy and Marines Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

— Representatives from Task Force Excel go to great lengths to ensure every Sailor is informed about how new initiatives will affect his or her careers.

— Navy Knowledge Online allows Sailors to access all kinds of career and training information.

— The new Center for Naval Engineering opens in Norfolk, Va., with a mission to standardize training for engineering ratings Navywide.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council wants to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

Health education and wellness programs are now offered on Newport Naval Cable Television channel 13, daily, following Navy and Marine Corps News.

During next week's featured

segments, beginning March 17, learn more about *Menopause* and *Osteoporosis*. If interested in classroom/video programs or in participating in the Health Promotion Action Council, call 841-6777.

Fleet and Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m. The weekly schedule is displayed below.

For more information, call the Public Affairs Office at 841-3538.

DAY	TITLE
Friday through Sunday	Mutually Filling Sexual Intimacy
Monday	Keys to Changing Behavior an Habits
Tuesday	Keys to Reducing and Overcoming Conflicts
Wednesday	The Most Important Relationship–Boundaries
Thursday	Discovering the Invisible Barrier to Intimacy

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Quick take

Name: Lt. Jarret Roth
Title: Officer in Charge, Explosive Ordnance Disposal Mobile Unit Two, Detachment Newport
Hometown: Hicksville, N.Y.
Favorite duty station: Newport, R.I.
Role model(s): Retired Adm. Charles Larsen
Favorite book: *Catch 22*
Favorite movie: *On the Waterfront*
Favorite TV show: *O'Reilly Factor*
Favorite sport: Lacrosse
Favorite professional team: New York Jets
Secret to success: Haven't quite figured that one out yet.
Favorite local restaurant: Elizabeth's on Thames
Pet peeve: Laziness
Favorite quote, motto or phrase: "Just because you're paranoid doesn't mean they're not trying to get you."
Long-term goal in life: Happiness and a sense of accomplishment.
If you could, what one thing would you add to NAVSTA Newport: Rubio's Fish Tacos

Fleet and Family Support Center

Checkbook is financial tool

A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of Checkbook Balancing at the Fleet and Family Support Center on Thursday, March 20, from 11:30 a.m. to 1

p.m.

Learn how to attain your financial goals by transforming your checkbook into a personal financial planning tool. Learn how you can reduce your checking account fees, avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money.

For information and to register for this workshop, call 841-2283.

Learn the credit process— Bring your lunch to the Fleet and Family Support Center on Tuesday, March 25, from 11:30 a.m. to 1 p.m.,

A representative from the Navy Federal Credit Union will present information on establishing credit, correcting credit problems, and rebuilding good credit.

Registration is required and may be made by calling 841-2283.

Learn some investment fundamentals — Attend this beginner's class on investing to find out why it is important to invest.

The class, to be presented at the Fleet and Family Support Center by a representative of the Navy Federal Credit Union, will take place on Wednesday, March 26, from 11:30 a.m. to 1 p.m.

Learn about stocks, bonds, mutual funds, and annuities, and how they can work for you. You also will hear about several investment approaches and strategies.

Call 841-2283 to register.

So you want to buy a new car. An image of your dream car hovers in your mind: it's shiny, colorful, and purrs like a kitten. But, standing between you and your dream car is the dreaded car dealer.

How do you get the best car for a fair price? Come to the Fleet and Family Support Center on Thursday, March 27, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed.

Call 841-2283 to register.

Homebuyers' workshop — Purchasing a home is a complex task. There are many questions that need to be answered before you take that big step.

Come to the Fleet and Family Support Center on Thursday, March 27, from 7 to 9 p.m., and learn about your options and decipher real estate lingo.

Home-buying information for all areas of the United States is available at this workshop. Registration is required and may be made by calling 841-2283.

Birth



Michael Gerald Santonocito, son of Lt. Cmdr. Lisa McGowan and Dr. Roberto Santonocito of Middletown, was born Jan. 21, 2003, at Newport Hospital. He weighed 9 pounds and 8 ounces and was 21 inches long at birth. Lt. Cmdr. McGowan is a family practice physician at the Naval Ambulatory Care Center (NACC) Newport.

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Visiting critters mix with children

By **ENS. JENNIFER BERG**
NAVSTA Public Affairs Staff

MIDDLETOWN — There was standing room only in the playroom at the Armed Services YMCA last week as about 30 children and parents eagerly waited to see the traveling zoo, Animal Experiences of East Providence.

Dave Marchetti, owner of the zoo, held a captive audience as he brought out his animals.

The children, ranging from infants to age 5, were jumping with excitement. Marchetti displayed a variety of turtles, lizards, snakes, amphibians and some furry creatures as well. As he brought each animal from its cage he gave a little talk about the creature. The children asked questions, and some offered their own knowledge about the species.

Some big favorites with the children were the American alligator named Wally, a tortoise, a hedgehog and a chinchilla. The snakes fascinated the children, though some of the parents seemed less than thrilled, as if fear is acquired with age.

All of Marchetti's pets are tame and safe to be handled. At the end of his oral presentation, he had the children come up and handle his pets.

The children smiled as they held the boa constrictor. A brightly colored milk snake coiled around the fingers of Ariana Reyes who laughed without an ounce of fear.

Samuel Cecchetti proudly held the American alligator for his parents to see. The chinchilla with its soft fur was passed around quickly among children and parents alike.

It was a learning experience for the children as

well. Marchetti said it's important to keep a salamander's skin moist – so it can breathe. They learned what an albino is and why an albino snake could not live long in the wild without its camouflage. They even learned about cold-blooded animals and why they feel cold against the skin.

Each animal brought a new gasp of wonder to the children, some of which were hard put to stay in their seats. Hands waved in the air with questions and statements on the animals.

Marchetti said his main focus of the shows is to educate children on pets that are appropriate and easy to care for. He has been giving animal related shows for 20 years, but went into business for himself with Animal Experiences within the last seven.

"I love animals and been involved with them since I was a kid," he said. "It is a great experience educating kids on what I love."

Marchetti also does birthday parties and school events. The ideal size is about 30, but he has addressed groups as large as 400.



BIG BITE — Samuel Cecchetti holds an American alligator, Wally, brought to the Armed Services YMCA by Animal Experience of East Providence. The reptile is 4 1/2-years-old, but is small for his age because he has been raised in captivity.



FURRY FRIEND — Nicholas Walanis and his mother, Mohini Walanis, pet a chinchilla,



TURTLE FROLIC—Paul Movizzo, 4, left, and Zackary Lockhard, 2, reach out and touch a friendly tortoise crawling out of his box.



YNC Ginamarie Doherty/U.S. Navy photos

PROSPECTIVE COMMANDING OFFICERS at the Surface Warfare Officers School attend a video-teletraining session in shipboard energy conservation in the Video Teleconferencing Center in Arleigh Burke Hall.

Navy gets its message across via teleconferencing centers

By RICHARD ALEXANDER
Navalog editor

Mass communication is an essential element in modern society, so it's only natural for the military to use the technology in education and training.

The Surface Warfare Officers School Command (SWOSCOLCOM) and the Naval Chaplains School have two classrooms set aside for video-teleconferencing which carry programs from the Navy Learning Network, and other requested material, online.

The Navy about a year ago contracted with Applied Global Technologies of Rockridge, Fla., to run centers in Admiral Arleigh Burke and Brett Halls. Jerry Peterson, a retired Marine staff sergeant, is coordinator and facilitator of the centers.

"We want to get the word out that these VTC centers are available," he said. "Any command or activity, even one person, can reserve the room. Just call me and I'll set it up."

The Arleigh Burke VTC is in Room 153 which holds up to 60 people. Twenty-four of the desks have microphones for interaction during the conference. Peterson said there are four Sony monitors in the room and participants can conduct video-teleconferencing (VTC) or video-teletraining (VTT). Both offer interaction



JERRY PETERSON, a retired Marine, runs the Video-Teleconferencing Center under a Navy contract with Global Technologies.

between presenter and student.

"You can talk to your admiral face-to-face to get your questions answered," Peterson said.

Recently, a Prospective Commanding Officer (PCO) class received VTC training on Shipboard Incentivized Energy Conservation (ECON); and the budget analyst at Naval Dental Center Northeast conversed with the Navy Supply Corps School on the Purchase Card Program.

The VTC can carry anything offered for training through the Navy Learning Centers,

and the space can be scheduled Monday through Fridays. Peterson also can arrange for Saturday VTC sessions if Navy Reserve units are in Newport. Some of the familiar NLN videos, besides General Military Training, have been Force Protection: Level 1 Antiterrorism Awareness Training, Prevention of Sexual Harassment (POSH); Anger Management in the Workplace, plus dozens of other on leadership, management and personal development.

The Navy Learning Network website is www.NLNVTT.ftclant.navy.mil. Peterson may be reached at 841-3774.

SWOS to graduate division officers

By LT. GARY ROSS
SWOSDOC Public Affairs Officer

Graduation ceremonies will be held March 21 for 192 junior officers who have completed the Division Officer Course curriculum within the Surface Warfare Officers School Command (SWOSCOLCOM).

The graduation will be held in Spruance Hall Auditorium, Naval War College.

Vice Adm. Michael G. Mullen, Deputy CNO for Resources, Requirements, and Assessments, will be the guest speaker. Also in attendance will be Capt. Ronald W. Brinkley, Commanding Officer, Surface Warfare Officers School Command, and Capt. David A. LaBarbera, Director, Division Officer Training Department.

The mission of SWOSCOLCOM is to provide a continuum of professional education and training in

support of the surface Navy and to prepare officers to serve at sea.

During the 16-week course, junior officers learned the basic knowledge required to serve as division officers onboard ship.

Specific areas covered include: tactics and weapons, maintenance, administration and counseling, operations, and maritime theory. The students also attended the Basic Officer Leadership Course as part of the leadership continuum and received six weeks of specialized engineering training.

After successfully completing the Division Officer Course, these graduates will attend specialty training to prepare them for their assigned ships

The graduating students are:
Ens. Theodore L. Achimasi, USS Oscar Austin (DDG 79)
Ens. Francine A. Adjei, USS Gunston Hall (LSD 44)
Ens. Shawn A. Anderson, USS Ponce (LPS 15)
Ens. Christina C. Anthony, USS Cleveland (LPS 7)
Ens. Patrick S. Armstrong, USS Detroit (AOE 4)
Ens. Patrick K. Banegas, USS Devastator (MCM 6)
Ens. Timothy J. Barry, USS Porter (DDG 78)
Ens. Jared A. Battani, USS Halyburton (FFG 40)
Ens. Alexander L. Bein, U S S Oriole (MHC 55)
Ens. Sharon H. Blankenship, USS Monterey (CG 61)

Ens. Carl K. Bodin, U S S Lasalle (AGF 3)
Ens. Lara R. Bollinger, USS Arleigh Burke (DDG 51)
Ens. Brian P. Booker, USS Chafee (DDG 90)
Ens. Kevin D. Bosse, USS Carney (DDG 64)
Ens. Michael L. Bower, USS Germantown (LSD 42)
Ens. Trever A. Braun, USS Ponce (LPD 15)
Ens. Dannell B. Brown, USS Black Hawk (MHC 58)
Ens. Cory R. Buelt, U S S Mustin (DDG 89)
Ens. Meg G. Burns, USS Hopper (DDG 70)
Lt.j.g. David R. Carmel, USS Shrike (MHC 62)
Ens. Derek N. Cassadine, USS Shreveport (LPD 12)
Ens. Jacob B. Catalogna, USS Doyle (FFG 39)
Ens. Joseph P. Chipelo, USS Chafee (DDG 90)
Ens. Christopher S. Cisek, USS Cole (DDG 67)
Ens. Ryan J. Clark, USS Doyle (FFG 39)
Ens. Charles S. Clayton, USS Halyburton (FFG 40)
Ens. Jayme O. Coates, USS Seattle (AOE 3)
Ens. Christopher J. Coderre, USS De Wert (FFG 45)
Ens. Terence A. Coleman, USS Saipan (LHA 2)
Ens. Jose Conchas, USS Saipan (LHA 2)
Ens. Noah B. Cooper, USS Comstock (LSD 45)
Ens. Francis M. Couture, USS McCampbell (DDG 85)
Ens. Dejuan Cromer, USS Nassau (LHA 4)
Ens. Christine M. Crumley, USS Hue City (CG 66)
Ens. James J. Culnen, USS Cole (DDG 67)
Ens. John G. Culpepper, U S S Stump (DD 978)
Ens. David R. Cunningham, USS Mitscher (DDG 57)
Ens. Jamie S. Czerewko, U S S Oak Hill (LSD 51)
Ens. Charles M. Dawson, U S S Camden (AOE 2)
Ens. Thomas P. Delaney, U S S Samuel B. Roberts (FFG 58)
Ens. Scott M. Dorf, U S S Hopper (DDG 70)
Ens. Christopher L. Douglas, USS Tortuga (LSD 46)
Ens. William T. Dvorak, USS Curts (FFG 38)
Ens. Meghan C. Elger, USS Benfold (DDG 65)
Ens. Michael J. Esposito, USS Mobile Bay (CG 53)
Ens. Christian O. Eze, USS Ross (DDG 71)
Ens. Tai M. Farley, U S S Lasalle (AGF 3)
Ens. Paul F. Farrell, USS Leyte Gulf (CG 55)
Ens. Jeffrey A. Ferguson, USS Rodney M. Davis (FFG 60)
Ens. Julia C. Floraday, USS Denver (LPD 9)
Ens. Daniel P. Floyd, USS Avenger (MCM 1)
Ens. Brian A. Forster, USS Taylor

GRADUATION, Page 12

Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

Tonight: Kick off the week-end right with complimentary hors d'oeuvres in the Pub in the Constellation Room, every Friday from 5 to 7 p.m. As always, you can order your favorite beverages or something from the pub menu, available until one hour before closing.

Saturday: The Pub in the Constellation Room, (first deck) opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: Make reservations today for the first all-hands **Sunday Brunch** of the year, March 16.

Start with fresh-brewed coffee and chilled juices. Next, visit the made-to-order station where we prepare waffles (with your favorite toppings), Texas french toast, and omelets made with your choice of ingredients.

The main buffet line features every breakfast item you can imagine, plus delicious home-cooked lunch entrees.

We even have fresh-carved Virginia baked ham and thin-sliced top round of beef au jus with horseradish sauce. Add bagels with cream cheese, toast with jams and jellies, and fresh cut fruit — whatever your pleasure. Finally, treat yourself to our decadent dessert bar and enjoy unlimited delights with a fresh cup of coffee.

This all-inclusive brunch (except gratuity) is free for kids 3 and under, only \$3 for kids ages 4 to 12 and just \$11.95 for adults. Reservations and confirmation numbers are required; please call 846-7987.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

April 4: Welcome spring with tickets to a fabulous all-you-can-eat shrimp feast at the Officers' Club on Friday, April

4. If you love shrimp, then you will certainly want to get in on this special dining event!

Enjoy thick-with-shrimp bisque, salad, and warm dinner rolls before you dig into the all-you-can-eat shrimp buffet featuring shrimp cocktail, baked stuffed shrimp, jumbo shrimp scampi, grilled lemon pepper shrimp, Louisiana BBQ shrimp, three-alarm shrimp, table-served golden-fried split-tail shrimp and more!

Tickets are currently on sale at the Officers' Club Gift Shop and cost \$29.85 for adults, \$11.45 for children (4 to 12), and, as always, children 3 and under are free. Note: Gratuity is included in ticket price.

Seating reservations are required and must be made at time of ticket purchase. Call 846-7987 to purchase tickets or for more information.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

New hours of operation:

The EM Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 8 p.m. on Sunday. The CPO Lounge is open 4 to 9 p.m. Monday-Thursday, 4 to 11 p.m. on Friday and by request* on the weekend.

* The CPO Lounge will be open on the weekend, by request only for a minimum of 20 people or with a sales guarantee of at least \$200. The Lounge may also be reserved for catered events. Requests to open must be submitted by Monday for the following weekend.

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Unwind after work at the Recreation Center with a complimentary hors d'oeuvres buffet from 5 to 7 p.m. Or, enjoy a delicious fish and chips dinner from 5 to 8 p.m. for just \$4.75. Fish and chips are available for take out; no home delivery.

So, tell your friends and get ready to kick off the weekend



O'Club back in business

TOP: From left, John J. Alfano, Electrical/Mechanical Branch Head, NAVSTA Public Works Department; Cmdr. David Burnes, Director for Public Works; John H. Murphy, President of Eastern Construction, the contractor; and Bob Woodruff, Acting Director of Morale, Welfare and Recreation Department, cut the ribbon in the renovated and upgraded kitchen at the Officers' Club last Friday during grand reopening ceremonies.

RIGHT: Waitress Chelsea Jenkins arranges a tray of strawberries and cheese hors d'oeuvres.

Ron Fontaine/U.S. Navy photos



at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense

civilians are always welcome.

Call for advance order take-out. No home delivery.

Monday is "Pile your Plate" with Pasta night, 5 to 8 p.m. Enjoy pasta, marinara sauce, meatballs, sausage, salad and more! Just \$5 per person.

Tuesday is "Taco Night," 5 to 8 p.m. Create your perfect taco using all your favorite ingredients for just \$1 each!

Weekly Pool Tournaments: If you love the friendly competition of a pool tournament, the Recreation Center is the place for you, every Tuesday night! It's the only place you can enter a winner-take-all, double-elimination tourna-

ment for just \$5!

The tournaments are open to active duty, retired, reservists and Department of Defense civilian personnel, age 18 or older and will take place beginning at 7 p.m. in the EM Club at the Recreation Center, Building 656.

Only the first 10 participants can play! For more information, call Deb Newton or Kath Watterson, evenings at 841-2575.

Wednesday is "Wild Wings" Night, 5 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.25!

Leisure

Bowling

(Building 656, 841-4293)

Seaview Lanes fall/winter hours of operation follow:

Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m., Saturday and Sunday, 1 to 7 p.m. Every other Saturday night, 8 to 11 p.m. for Rock 'n Bowl.

Specials:

— **Super Tuesday Special:** Visit Seaview Bowling Lanes, Building 656, every Tuesday from 5 to 10 p.m. through May 27 and you may bowl for just \$1 per game! Shoe rental costs just \$1, as well, making it even more affordable to get out and have some fun!

Food and beverage service is available from the Recreation Center kitchen, so you can come over after work, grab a bite to eat and bowl a few frames! For more information, call the Bowling Center at 841-4293.

— **Rock and Bowl:** Every other Saturday night beginning at 8 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! The next Rock and Bowl night is, March 22.

Special fitness activities

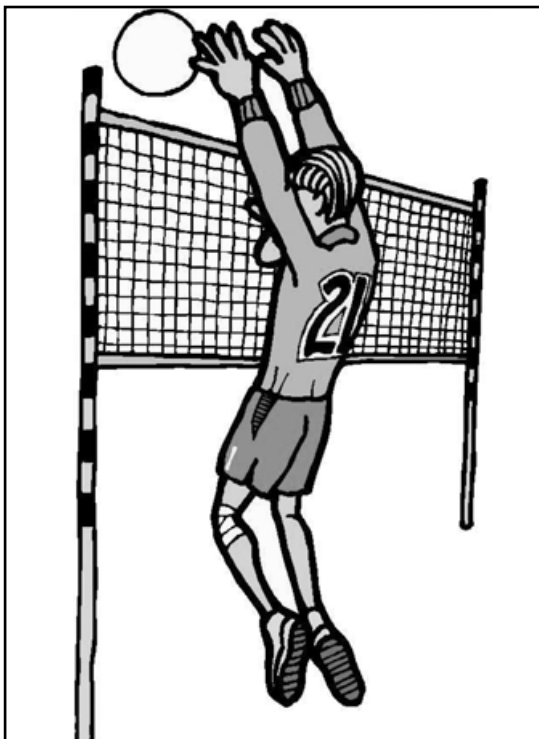
(Gym 109, 841-3154)

— **Sign up for intramural volleyball:** Register today for the Intramural Volleyball League at Gym 109! Open to adults 18 and over, registrations will be accepted Monday through Thursday, 9 a.m. to 5 p.m. Matches begin March 24 and are played Monday through Thursday evenings on Court No. 2 at 5:30, 6:30 and 7:30 p.m. through May 15.

Active duty, retirees, reservists, dependents and DoD civilians are welcome to participate. There is a \$15 fee for DoD civilians.

All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game. For more information, call Jim Gauch at 841-7196.

— **Youth fitness program:** Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aer-



REGISTER today for the Naval Station Newport Intramural Volleyball League at Gym 109. Matches begin March 24. More information this page.

obics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds who may also choose to participate in the fitness assessment program instead.

Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

— **Fitness Walk 'n Tone,** designed for patrons age 50 and up. Stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium. Classes are held Monday and Thursday 8 to 9 a.m. in Gym 109. Call for space availability. Fee is \$5 for six weeks.

— **Fitness equipment** such as Hammer Strength, lifecycles, treadmills, free weights, etc. available; also racquetball, squash and basketball courts.

Computer Café

(Building 656, 841-2194)

• Personal computers available seven days a week to send and receive email, surf the web, play games, etc. — all at no charge.

Open Monday through Friday at 7:30 a.m.; Saturday, 11 a.m. to 11 p.m. and Sunday, noon to 8 p.m. Food menu

available from the Recreation Center kitchen.

Music /games

(Building 656, 841-3054)

• **Lunchtime BINGO**, Thursday and Friday only. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$500! If no one wins, play continues until a good BINGO is called, winning that lucky person

\$100.

Three regular games each day with \$30 prizes for every BINGO called. Jackpot game begins at 12:30 p.m.

• **Karaoke**, March 15, 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands.

Ticket Connection

Swing into ballroom dancing

Get out your dancing shoes and get ready to swing into spring with fabulous ballroom dancing classes!

Classes will begin March 19 at the Knights of Columbus on Valley Road in Middletown, but you must pre-register.

Come into the Ticket Connection, Building 656, today.

The eight-week course covers the basic steps of three different dances and will have you steppin' out on the dance floor in style in no time!

Choose the American class which is held from 7 to 8 p.m. and teaches you the waltz, fox-trot and swing, or sign up for the Latin class which is held from 8 to 9 p.m. and teaches you how to tango, rumba and cha-cha.

If you have already mastered the basics, you can register for an advanced class, taught from 9 to 10 p.m. Cost is \$48 per person for eight 1-hour classes, and \$80 per person for eight 2-hour classes.

Call 841-3116 for more information.

New York attractions at discount

The MWR Ticket Connection is pleased to announce the arrival of discount tickets to some of New York City's hottest attractions!

Visit the ticket office in the Recreation Center, Building 656, and pick up tickets to Madame Tussaud's Wax Museum, the NBC Studio Tour, Grayline Sightseeing Tours and the Intrepid Air, Sea and Space Museum, all at an affordable price!

Stop by today for more information or to pick up some tickets.

See movies for less

Going to the movies this weekend? Stop by the Ticket Connection, Building 656, and pick up some discount movie tickets first. These tickets cost just \$6 each and may be used at the Holiday and Opera House cinemas.

Tickets to the Jane Pickens Theatre are just \$5; so don't let this great, money-saving offer pass you by! Get over to the Ticket Connection and stock up today!

Naval Ambulatory Care Center

Preventive health service offered

A new preventive health service has been established at the Family Practice Clinic, Naval Ambulatory Care Center, Newport. The service, for Prime and Special Provision Patients (SPP) beneficiaries, includes:

• **Wellness Education/Preventive Health Assessment:** (Available by appointment only)

This appointment is an interview only visit that is scheduled by the nursing staff in conjunction with your annual physical exam. This visit focuses on wellness education (such as nutrition and fitness) prevention of disease and early detection medical screens.

Patients will be asked to

complete a health risk questionnaire and discuss your personal health concerns and risk factors for disease.

Appropriate screening laboratory tests may be ordered at this time, which allows your provider to have your lab results available to you on the day of your physical exam.

This initiative is offered so that enrolled Prime and SPP beneficiaries can direct personal attention to the Clinical Preventive Service advocated by the Center for Disease Control through the Healthy People 2010 initiative.

• **Walk-in Visits:** For walk-in visits, an appointment with the Primary Care Manager or PCM is not necessary; however, the PCM will be aware of

your visit.

Blood pressure checks and suture removal visits are offered on a walk in basis.

For those patients with possible throat and urinary tract infections, visits are also available on a walk-in basis; however, a call to the triage nurse at 841-6178/80 is recommended in order for a registered nurse to determine if an appointment will be required based on your specific symptoms. After hours, weekends, and holidays, this service is accessed by appointment only through the Family Practice Treatment Area (formerly named the Care Plus Clinic, at 841-1200).

Please contact the Family Practice Clinic at 841-6117/6118 for more details.

Sports

Healthier living ideas flexed at Fitness Expo

BY JOY CHRISTMAS

NAVSTA Public Affairs Office

Patrons shopping at the Navy Exchange (NEX) at Naval Station (NAVSTA) Newport last week walked away with more than their purchases.

A wealth of information about healthier living was disseminated at a storewide Family Fitness Expo, March 7-8.

Venders and representatives from several companies offered food samples, t-shirts and fitness accessory giveaways, nutrition and cooking tips, demonstrations and more, all relating to fitness.

Ed Relle, a fitness specialist at Gym 109 and FITNESS Plus, helped answer patrons' questions about home fitness equipment.

Relle offered assistance on correct form for patrons trying out treadmills, elliptical cross-trainers, and stationery bikes for cardio workouts; and an complete workout station and multi-positional incline bench to target major muscle groups.

Several vendors offered product posters, pens and samples of power bars and other supplemental high-energy foods and beverages prepared with less fat. Louie Singler, a representative for Weber grills, drew a crowd with the aroma of her cooking.

"This is a great way to eat healthy," said Singler, who also demonstrated the George Foreman Grill by preparing vegetables with various seasonings and olive oil.

"They were especially surprised at how good zucchini tasted."

The NEX Fitness Expo was spearheaded by Bonnie Bleu Webb, NEX Hardlines and Consumables manager, who focused on a way to include all departments.

Despite the snowstorm last Friday, Webb said Saturday's turnout was great.

"All the comments from the patrons have been very favorable," said Webb. "I feel we really struck a chord with the community as a whole."

March is National Nutrition



Ron Fontaine/U.S. Navy photo

FLEX-ALL—Chief Machinery Repairman Brett Ormsby, left, of the Coast Guard cutter Juniper, tries out some fitness equipment during a demonstration at the NEX Fitness Expo last Friday. Assisting is Ed Relle, fitness specialist from Morale, Welfare and Recreation Department.

Month. Carla Evans from the Health Promotion Department at the Naval Ambulatory Care Center (NACC) Newport, answered questions and offered literature about various health issues such as diabetes, proper diet and tobacco cessation.

"This is a great outreach venue and an opportunity to remind patrons of the multitude of programs and resources available to them through Health Promotions," she said.

The program covered everything right down to the feet.

Karen Gerweck, a tech representative from the New Balance Co. in Boston, had a catalog of the newest footwear and helped patrons find just the right shoe.

"Whether it's for walking, running or aerobics, it should

fit properly and meet your needs."

Staying fit also extends to your teeth. Dr. (Cmdr.) Stewart Miller from Naval Dental Clinic Newport, answered questions about good dental hygiene. Cmdr. Miller was joined by Doug Schobel from Delta Dental, who offered information about the retired military dental program.

"Many retirees are not aware that there is a program in place for them," said Schobel. "We're here to spread awareness and to show the wonderful benefits available under this very affordable program."

Sue Doucet and Mary Ellen Flanagan, cancer survivors who met at the Expo, said they give the Expo high marks.

"I think this is great," said Doucet. "I have gathered some good information."

Graduation

Continued from Page 9

(FFG 50)

Ens. Danielle E. Fournier, USS Portland (LSD 37)

Ens. Eric A. Gardner, USS Austin (LPD 4)

Ens. Wayne S. Gehman, USS Underwood (FFG 36)

Ens. Brye T. Gerhardt, USS Gonzalez (DDG 66)

Ens. Donann M. Gilmore, USS Gunston Hall (LSD 44)

Lt.j.g. Michael J. Gotthold, USS Mitscher (DDG 57)

Ens. Megan M. Granger, USS Anzio (CG 68)

Ens. David P. Gravseth, USS John L. Hall (FFG 32)

Ens. Mason A. Green, USS John S. McCain (DDG 56)

Ens. Sheila E. Green, USS Detroit (AOE 4)

Ens. Darren H. Greenmyer, USS Stump (DD 978)

Ens. Troy D. Hanson, USS Mustin (DDG 89)

Ens. Shannon C. Harper, U S S Thach (FFG 43)

Ens. Ervin B. Hatcher, USS Cole (DDG 67)

Ens. Ian G. Heath, USS Camden (AOE 2)

Ens. Kristopher N. Hefner, USS Leyte Gulf (CG 55)

Ens. Melissha M. Helm, USS Ingraham (FFG 61)

Ens. Alexander R. Helms, USS Stout (DDG 55)

Ens. Shawn P. Hennessey, USS Seattle (AOE 3)

Lt.j.g. Stephen J. Henz, USS Jarrett (FFG 33)

Ens. Samuel W. Herbst, USS Rodney M. Davis (FFG 60)

Ens. David M. Hill, USS Cole (DDG 67)

Ens. David F. Hills, USS De Wert (FFG 45)

Ens. Ryan L. Hinz, USS Mobile Bay (CG 53)

Ens. Bryan P. Hogle, USS Mahan (DDG 72)

Ens. Dennis R. Holden, USS Stump (DD 978)

Ens. Sean M. Hudson, USS Laboon (DDG 58)

Ens. William T. Huebner, USS Rodney M. Davis (FFG 60)

Ens. Victor A. Huerta, USS Lassen (DDG 82)

Ens. Matthew W. Ivey, USS Antietam (CG 54)

Ens. Marcus G. Jackson, USS Laboon (DDG 58)

Ens. John M. Jeffery, USS Ticonderoga (CG 47)

Ens. Aron D. Jenkins, USS Kauffman (FFG 59)

Ens. Elaine M. Jensen, USS Wasp LHD 1)

Ens. Richard Jimenez, USS Lassen (DDG 82)

Ens. David B. Johnson, USS Kauffman (FFG 59)

Ens. Ted Johnson, USS Port Royal (CG 73)

Ens. Birute I. Jurjonas, USS Rentz (FFG 46)

Ens. Yan Kantarzhi, U S S Curtis (FFG 38)

Ens. Theodore F. Kaouk, USS Carney (DDG 64)

Ens. Erick M. Kearns, USS Philippine Sea (CG 58)

Ens. James F. Kelly, USS Mitscher (DDG 57)

Ens. Julia J. Kim, USS Nicholas (FFG 47)

Ens. Ross A. Kingdon, USS McIn-

erney (FFG 8)

Ens. Casey S. Kirkpatrick, USS Roosevelt (DDG 80)

Ltjg Eric W. Kleinschmidt, USS Shreveport (LPD 12)

Ens. Erin C. Klep, USS San Jacinto (CG 56)

Ens. Jeffrey Q. Lam, USS Ashland (LSD 48)

Ens. Asad R. Lambert, USS Ramage (DDG 61)

Ens. Alexander R. Lane, USS Tarawa (LHA 1)

Ens. Francis D. Lansangan, USS Saipan (LHA 2)

Ens. Jamie R. Lehto, USS Samuel B. Roberts (FFG 58)

Ens. Ashley P. Lewis, USS Jarrett (FFG 33)

Ens. Jehiel H. Lewis, USS Nassau (LHA 4)

Ens. Jason M. Lilly, USS Anchorage (LSD 36)

Ens. Justin J. Links, USS Princeton (CG 59)

Ens. Christopher W. Lyons, USS Kingfisher (MHC 56)

Ltjg John G. Madea, USS Monterey (CG 61)

Ens. Richard O. Madson, USS Dubuque (LPD 8)

Ens. Israel A. Magneson, USS Hawes (FFG 53)

Ens. Mary V. Maher, USS Vicksburg CG 69)

Ens. Matthew J. Malinowski, USS Mitscher (DDG 57)

Ens. Krista R. Mann, USS Lasalle (AGF 3)

Ens. Andrew S. Marks, USS Underwood (FFG 36)

Ens. Armando Marron, USS Underwood (FFG 36)

Ltjg James L. Martello, USS Kingfisher (MHC 56)

Ens. Sean B. Marvin, USS Laboon (DDG 58)

Ens. Megan J. McCarthy, USS Cleveland (LPD 7)

Ens. Patrick S. McConnell, USS Bulkeley (DDG 84)

Ens. Kevin S. McCormick, USS Arleigh Burke (DDG 51)

Ens. Richard E. McVoy, USS Gettysburg (CG 64)

Ens. Nathan P. Melicharek, USS Philippine Sea (CG 58)

Ens. John P. Merchant, USS Germantown (LSD 42)

Ens. Joseph W. Michaels, USS Ticonderoga (CG 47)

Ens. Michael S. Mieres, USS Arleigh Burke (DDG 51)

Ens. James A. Miller, USS San Jacinto (CG 56)

Ens. Joseph W. Moore, USS Mustin (DDG 89)

Ens. James T. Morris, USS Elrod (FFG 55)

Ens. Donald H. Muller, USS Sacramento (AOE 1)

Ens. Jeffrey J. Murawski, USS Porter (DDG 78)

Ens. Eric A. Murray, USS Detroit (AOE 4)

Ens. Jonathan E. Nay, USS Doyle (FFG 39)

Ens. Jeremy S. Nelson, USS Pelican (MHC 53)

Ens. Michael J. Nelson, U S S Anzio (CG 68)

Ens. Jennifer L. Newsom, USS Jarrett (FFG 33)

Ens. Matthew W. Noland, U S S Stephen W. Groves (FFG 29)

Ens. Misty W. Odom, U S S Roosevelt (DDG 80)

GRADUATION, Page 13

Weapons

Continued from Page 3

for, and react to, a terrorist incident.

The terrorist goal is to impact the most people per incident to attain a high “kill rate”; make a symbolic statement by striking a national landmark, gain media attention, and create mass panic, according to the video.

They target heavily populated, enclosed spaces such as subways, shopping malls, sports stadiums and airport terminals to reach the maximum amount of people with the minimal amount of material.

McCutcheon said because NAVSTA does not have a public address system in place to warn all personnel in the event of an attack, Fire Department vehicles will patrol throughout the area providing information though their loudspeakers.

Graduation

Continued from Page 12

Ens. Warren R. Overton, USS Gunston Hall (LSD 44)
Ens. Timothy C. Payne, USS Normandy (CG 60)
Ens. Aaron J. Poppinga, USS Elrod (FFG 55)
Ens. Garrett L. Power, USS Gary (FFG 51)
Ens. Patrick R. Price, USS Porter (DDG 78)
Ens. Michael A. Radney, USS Wasp (LHD 1)
Ens. Timothy A. Raines, USS Hopper (DDG 70)
Ens. Patrick S. Randall, USS Gary (FFG 51)
Ens. Steven W. Ranes, USS Anchorage (LSD 36)
Ens. Eric O. Reed, USS Kearsarge (LHD 3)
Ens. Dawn T. Ricketts, USS Stethem (DDG 63)
Ens. Francisco R. Riojas, USS Normandy (CG 60)
Ens. Luis G. Rivera, USS Mitscher (DDG 57)
Ens. Clayton V. Roberts, USS Bridge (AOE 10)
Ens. Jeffrey A. Rodeffer, USS Underwood (FFG 36)
Ens. Tracy M. Rogers, USS Jarrett (FFG 33)
Ens. Edison C. Rush, USS Ogden (LPS 5)
Ens. Lance G. Ruth, USS Anzio (CG 68)
Ens. Daniel F. Ryno, USS Shrike (MHC 62)
Ens. Theodore H. Scott, USS Sacramento (AOE 1)
Ens. Luke N. Shank, USS Comstock (LSD 45)
Ens. Demond L. Shepard, USS Ticonderoga (CG 47)
Ens. John J. Sheridan, USS Kauffman (FFG 59)
Ens. Demetrius Siachames, USS De Wert (FFG 45)
Ens. Edward R. Sisson, USS Hopper (DDG 70)
Lt. j.g. Mary F. Smith, USS Thach (FFG 43)

Under “Shelter-in-Place” guidance, all office personnel should move to upper floors, close all doors and windows and seal internal doors to protect themselves from outside contaminated air.

Those in cars should stay in their vehicles with the windows up, air conditioning off, and vents closed. They should tune their radios to emergency broadcast stations.

Navy family housing residents should go inside, turn off air conditioners and fans, close kitchen vents, doors, windows and fireplace dampers, and try to seal all doors and windows with duct tape.

After the alert the fire department will broadcast any all clear messages.

Ens. Phillip T. Smith, USS Nicholas (FFG 47)
Ens. Stephen M. Smith, USS Chafee (DDG 90)
Ens. Luis F. Socias, USS Mobile Bay (CG 53)
Ens. William A. Solis, USS Cole (DDG 67)
Ens. Harry R. Spencer, USS Saipan (LHA 2)
Ens. Aaron D. Stanford, USS San Jacinto (CG 56)
Ens. Traver C. Stefan, USS Gunston Hall (LSD 44)
Ens. William C. Stephens, USS Normandy (CG 60)
Ens. Mikki Sturdivant, USS Pearl Harbor (LSD 52)
Ens. Daniel J. Summa, USS Enterprise (CVN 65)
Ens. Micah T. Sybor, USS Stout (DDG 55)
Ens. Alan L. Thompson, USS Saipan (LHA 2)
Ens. Lucas Y. Tomlinson, USS Mcinerney (FFG 8)
Ens. Donald R. Toso, USS Pelican (MHC 53)
Ens. Daniel G. Upp, USS Robert G. Bradley (FFG 49)
Ens. Danny R. Valdez, USS Porter (DDG 78)
Ens. Albert M. Vitug, USS Nicholas (FFG 47)
Ens. Michael W. Wagoner, USS Kearsarge (LHD 3)
Ens. Jeff A. Watkins, USS Nassau (LHA 4)
Ens. Eric T. Weber, USS Detroit (AOE 4)
Ens. Richard N. Webster, USS Port Royal (CG 73)
Ens. Shevonne K. Wells, USS Bridge (AOE 10)
Ens. Mathew H. Wilson, USS Thach (FFG 43)
Ens. Justin A. Wouters, USS Ramage (DDG 61)
Ens. Kendrick J. Wright, USS Portland (LSD 37)
Ens. Derek W. Young, USS Lassen (DDG 82)

Parade

Continued from Page 2

Other military participation includes color guards from the Naval Ambulatory Care Center (NACC) Newport, Marine Corps Detachment (MARDET) and the Surface Warfare Officers School Command (SWOSCOLCOM).

Officer Training Command-Newport (OTC-N), formerly Naval Education and Training Center (NETC), will send marching units from the Broadened Opportunity for Officer Selection and Training (BOOST) Program, Naval Science Institute (NSI) and the

Naval Chaplains School.

In addition, a 50-student member marching unit from Naval Academy Preparatory School (NAPS) is expected to participate.

The parade will follow its traditional route that will proceed south on Broadway, make a right to Washington Square, left onto Thames Street to America’s Cup Avenue and back onto Thames Street.

The one-hour parade will conclude at the reviewing stand at St. Augustin’s Church on Carroll Avenue.

Housing

Continued from Page 3

confirmation of repair work or a maintenance person’s identity. All NAVSTA Newport housing and maintenance personnel are required to carry identification cards and will show them upon request.

Members of the news media generally are unauthorized in Navy housing. If approached by a reporter or television cameraman, you not obligated to grant an interview. You should refer all media inquiries or requests for information to the NAVSTA Newport Public Affairs Office at 841-3538.

During heightened security conditions, general access to NAVSTA may be restricted or secured.

Announcements will be made via cable television (Newport Naval Cable channel 9), the NAVSTA information line (841-2211), and/or through emergency vehicle public address. Further emergency information will also be passed via local broadcast television and radio channels.

The local community and state officials will provide emergency guidance, if necessary.

“Taking these precautions will help protect you and other families living in NAVSTA Newport family housing,” the Housing Office said. Your cooperation and active participation are appreciated.”

Comfort

Continued from Page 3

Lt. Elizabeth A. Danis, NACC Newport, Surgery Clinic;
HA Amy Karow, NACC Newport Family Practice
HA Arthur Leal, NACC Newport, Internal Medicine;
HM2 Timothy S. Menear, NACC Newport, Patient Administration;
HN Christina Colla, NACC Newport Women’s Health
ET3 Michael Doolen, NACC Groton, Equipment Management;

HA Chad Galvin, NACC Groton, Submarine School sick call;

HN Raul Torres, NACC Groton, Primary Care Clinic;

SH3 R. Vargas, NACC Groton, Materials Management;

HN Luviminda Varias, NACC Groton, Military Medicine;

Lt. Donald Maupin, Brunswick Medical Clinic, Maine

Naval Dental Center Northeast:

SH2 Nicholas Friss, Naval Dental Center, Newport.

Comfort deployed Jan. 6 as part of the repositioning of forces and assets in support of the president’s global war on terror and future contingencies. One of two U.S. Navy hospital ships operated by the Military Sealift Command, Comfort’s primary mission is to provide flexible medical response to support wartime operations.

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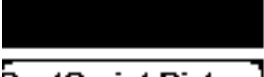




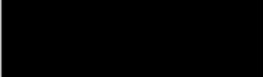











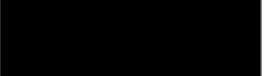

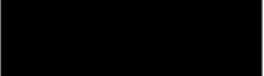












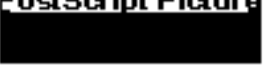






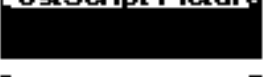




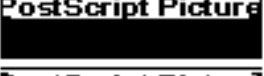




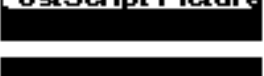
















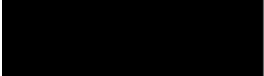














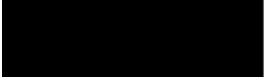









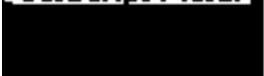


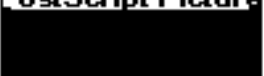



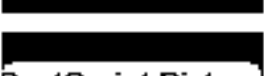

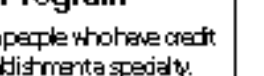


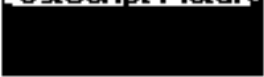






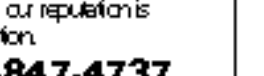
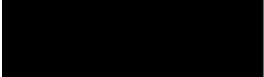



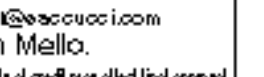
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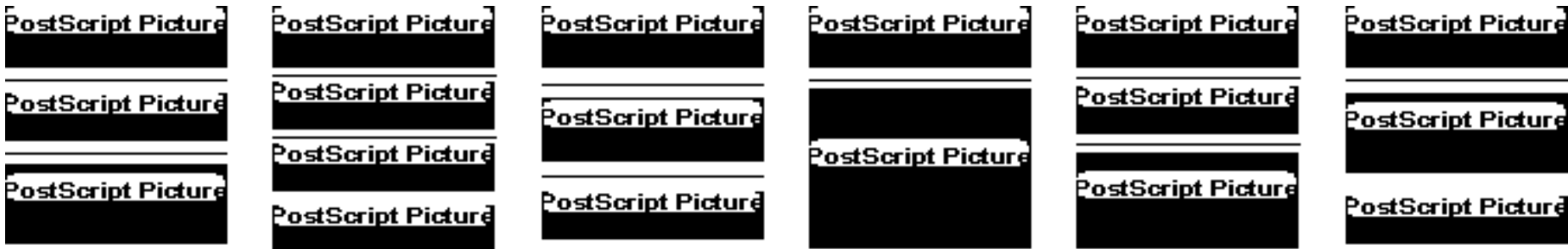
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Groton Seabees off to Mideast

GROTON, Conn. (NNS) — Since the first construction battalion personnel started processing through Gulfport, Miss., in 1942, Seabees have been building on the front lines of every conflict, and then defending what they build.

Navy-wide news

Nearly 1,000 Seabees have been deployed to the Middle East recently. The first contingent of Seabees from Construction Battalion Unit (CBU) 414 based at Naval Submarine Base (SUBASE) New London joined them on Feb. 28.

Shipmates and family gathered to wish them well during a short ceremony before the Seabees boarded vans on their way to report to the U.S. Central Command in support of Operation Enduring Freedom.

Capt. Larry Van Dessel, Navy Region Northeast's program manager for facilities and the most senior civil engineer corps officer at SUBASE, joined the unit's leadership in seeing the contingent off.

In wishing the deploying Seabees well, Van Dessel reminded them of the Seabee legacy.

"It's always difficult to leave family and loved ones behind and head into the unknown," said Van Dessel. "So gather strength from our Seabee motto: With willing hearts, with skilled hands, and with compassion for others, we build and we fight for peace and freedom."

CBU 414 consists of nearly 40 Sailors of various construction ratings and skills. Their heavy duty equipment was already on station prior to their departure, and each Seabee left with only two sea bags of uniforms and personal items.

Submariners file IRS taxes

NORFOLK, Va. (NNS) — Life aboard fast-attack submarines is not easy.

Sailors accomplishing the Navy's mission 800 feet below the water's surface certainly don't need any added stress. But no one, not even these undersea warriors, are waived the responsibility of doling out

their dollars to the government.

So what do submariners do when they are deployed, knowing they won't make it home in time to file their taxes before April 15, the tax-filing deadline?

Deployed Sailors are eligible for an automatic extension to file, but if they're anxious to get their return, there are several other options, according to Chief Electronics Warfare Technician (SW) Chris R. Daniels of the Navy Tax Assistance Center at Naval Station Norfolk.

"A spouse with power-of-attorney can file," he said. "Theoretically you could file online on ships... or some large deck amphib and carriers have trained tax preparers." He said Sailors can also mail tax forms out the old fashioned way if they receive their W-2s and any other pertinent documents.

Submarines have the capability to access the Internet via satellite connection while surfaced, but personal use of that capability would be 180 degrees from their operational mission, according to Sonar Technician 1st Class (SS) Chad D. Dixon, a submariner on the fast-attack submarine, USS Oklahoma City (SSN 723).

He said most Sailors made arrangements before they deployed to have somebody, usually a spouse or a parent, take care of their taxes for them.

Medical Corps marks 132nd

WASHINGTON (NNS) — As the Navy Medical Corps celebrates its 132nd birthday, it is fitting to reflect upon its many successes and the challenges ahead.

The 5,016 active-duty and Reserve physicians who compose the Navy Medical Corps demonstrate an unprecedented commitment to those who have pledged their lives to defend their country.

As the U.S. Navy participates in Operation Enduring Freedom, Navy physicians are at the tip of the spear, in the desert with Marines and at sea with Sailors. They have been responsible for new innovations in medical field operations and the development of highly mobile medical units.

No matter where Sailors and Marines may serve, the Navy

Medical Corps is there to ensure the health and well being of the fighting force. The practice of force health protection not only ensures the health of every active duty servicemember, it is also a commitment to maintain the health and well being of our military families.

The Navy Medical Corps embodies more than 47 specialties and almost 200 subspecialties, all of which serve a diverse, worldwide population. Every day, these dedicated men and women perform research, care for the ill and work to find new solutions to

health problems.

These physicians also risk their lives to improve life for others, as evidenced by Capt. Dave Brown and Cmdr. Laurel Clark, flight surgeons and mission specialists, whose lives were lost in the Columbia space shuttle tragedy.



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